

Look for the ½ cup fruit or vegetable first, then look for 2 more full components

Prek-5<sup>th</sup> Must have at least 3 components; 1 of them has to be a Fruit or Veg.

Veg 1/2c + Fruit 1/2c or protein 1oz or grain 1oz or milk

Fruit 1/2c + Veg. 3/4c or protein 1oz or grain 1oz or milk

6<sup>th</sup> – 8<sup>th</sup> Must have 3 components; 1 of them has to be a Fruit or Veg.

Veg 1/2c + Fruit 1/2c or protein 1oz or grain 1oz or milk

Fruit 1/2c + Veg. 3/4c or protein 1oz or grain 1oz or milk

9<sup>th</sup>-12<sup>th</sup> Must have 3 components: 1 of them has to be a Fruit or Veg.

Veg 1/2c + Fruit 1c or protein 2oz or grain 2oz or milk

Fruit 1/2c + Veg 1c or protein 2oz or grain 2oz or milk

If high schoolers need another ½ cup of fruit, add a package of raisins to the tray.